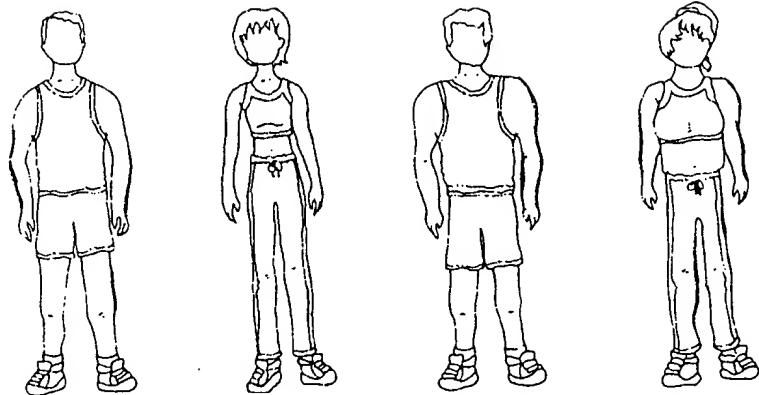


Hourglass

Fig. 1a

Spoon

Fig. 1b



Ruler

Fig. 1c

Cone

Fig. 1d

Figure 2a

FITNESS GOAL (LEVEL)	FREQUENCY (Days per week)	DURATION (how long of a period)	INTENSITY (how hard you're working/THR)	TYPE (Aerobic/Anaerobic % of time)
Weight Loss (For Sedentary Individual)	4-6 days per week	30-45 minutes	Low (THR 50%-60%)	90% aerobic 10%anaerobic first 3 months ----- 80% aerobic 20% anaerobic (after 3 months)
Toning (For Sedentary Individual)	2-3 days per week	25-40 minutes	Low (THR 55%-70%)	60% aerobic 40% anaerobic first 3 months ----- 50% aerobic 50% anaerobic (after 3 months)
Weight Loss (For Active/Semi-Fit)	4-6 days per week	40-60 minutes	Moderate (THR 60%-75%)	80% aerobic 20% anaerobic first 3 months ----- 70% aerobic 30% anaerobic after 3 months
Toning (For Active/Semi Fit)	2-4 days per week	30-45 minutes	Moderate (THR 65%-80%)	50% aerobic 50% anaerobic first 3 months ----- 60% aerobic 40% anaerobic after 3 months
Weight Loss (For Very Active/Very Fit)	4-6 days per week	60-75 minutes	High (THR 75%-90%)	70% aerobic 30% anaerobic first 3 months ----- 60% aerobic 40% anaerobic after 3 months
Toning (For Very Active/Very Fit)	3-4 days per week	60-75 minutes	High (THR 80-95%)	40% aerobic 60% anaerobic first 3 months ----- 30% aerobic 70% anaerobic after 3 months

Figure 2b

Body Type & Aerobic Exercise Chart

Equipment	SPOON®	HOURGLASS®	RULER®	CONE®
Stationary Bike	*	*	● Use tension	● Use tension
Treadmill	*	*	* Use an incline to walk or run.	* Use an incline to walk or run.
Stair Climber	NR	NR	●	●
Rower	●	*	● Use light resistance.	* Use light resistance.
Ski Machine	*	*	* Use resistance for upper and lower body.	* Use high resistance for lower body, light resistance for upper body.
Aerobic Rider (i.e.: HealthRider®)	*	*	●	* Use light resistance.
Jump Rope	●	●	* May use weighted Jump Rope.	●
Spinning Elliptical Stair climbers Versa climbers Step	NR	NR	● Use resistance	* Use resistance for lower body. Do not use hand weights or resistance for upper body

NR = Not recommended for this body type

● = Yes

* = Yes, with specific instructions

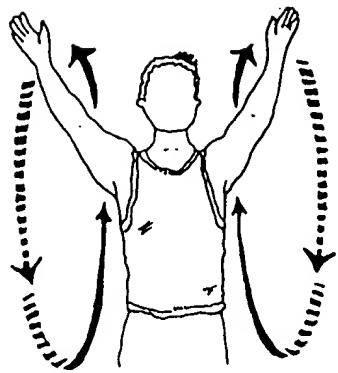


Fig. 3

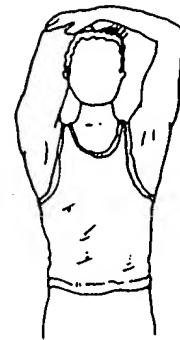


Fig. 4

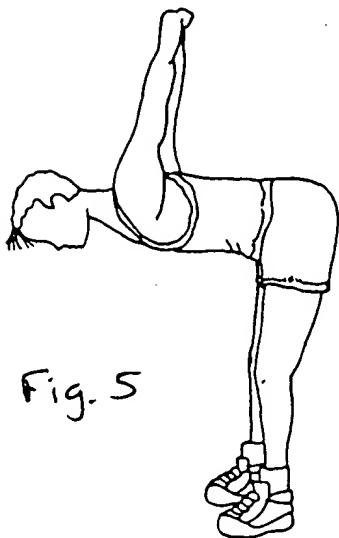


Fig. 5



Fig. 6

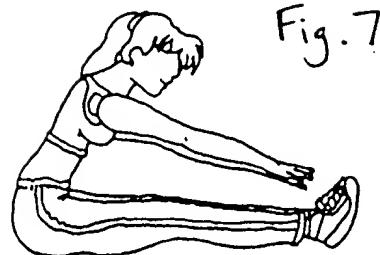


Fig. 7

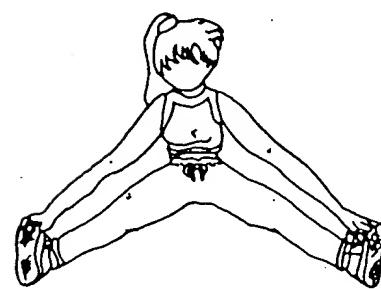


Fig. 8



Fig. 9

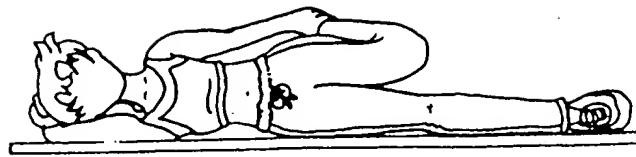


Fig. 10

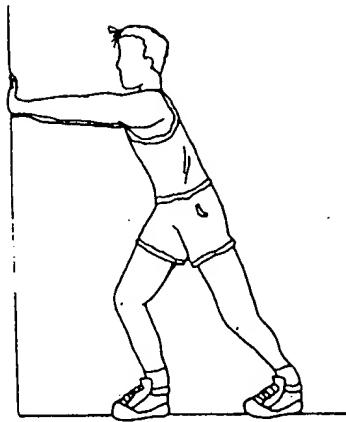


Fig. 11

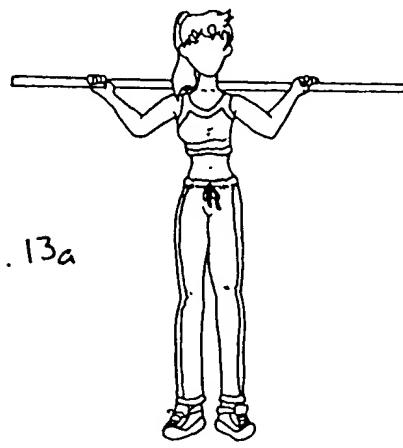


Fig. 13a

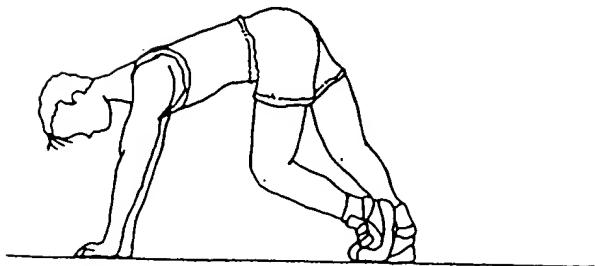


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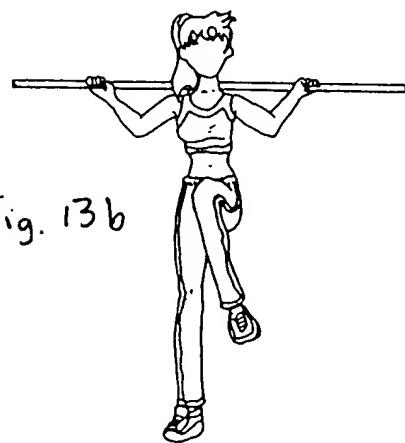


Fig. 13b

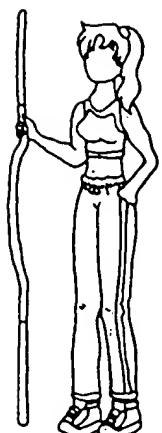


Fig. 14a

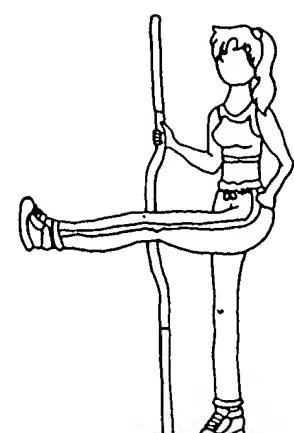


Fig. 14b

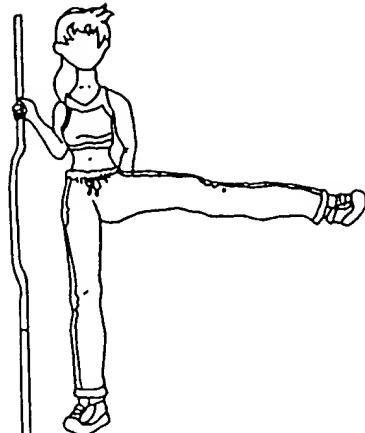


Fig. 14c

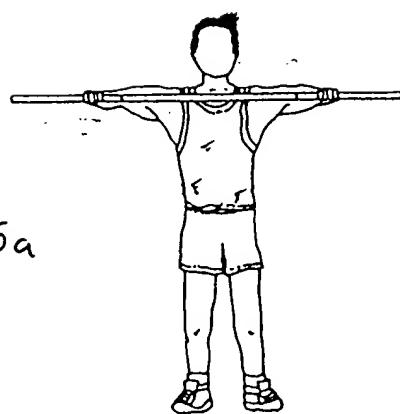


Fig. 15a

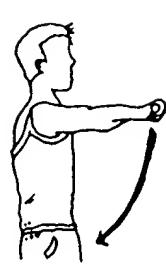


Fig. 15b



Fig. 15c

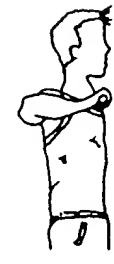


Fig. 15d

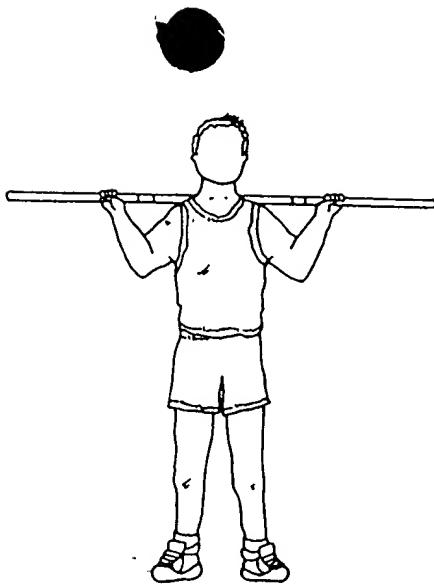


Fig. 16a

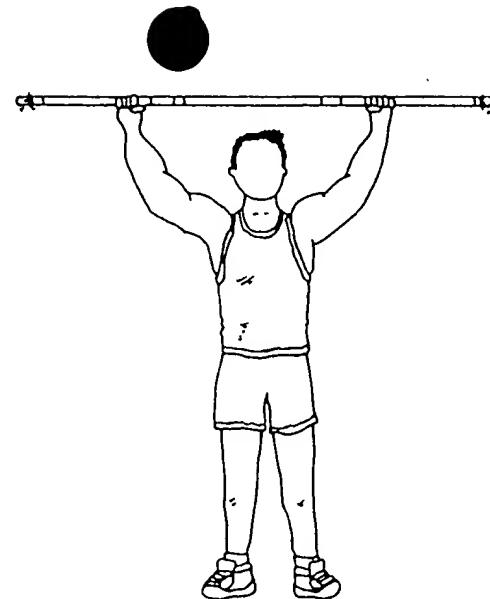


Fig. 16b

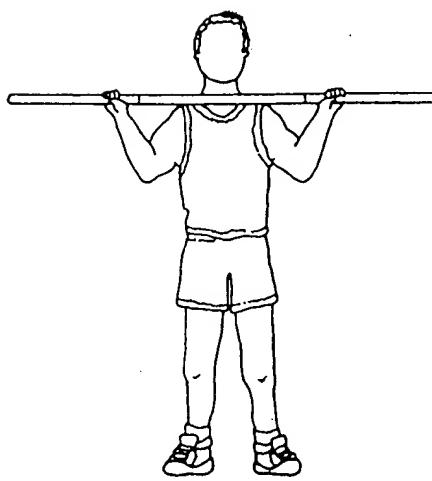


Fig. 17a

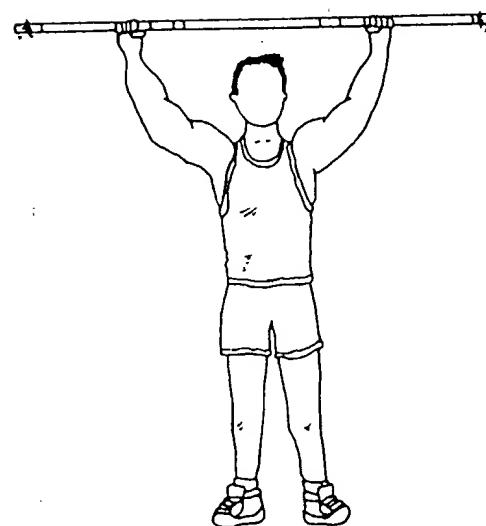


Fig. 17b

Fig. 19 a

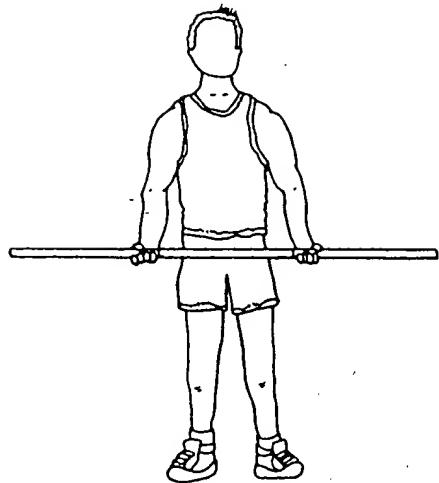


Fig. 18 a

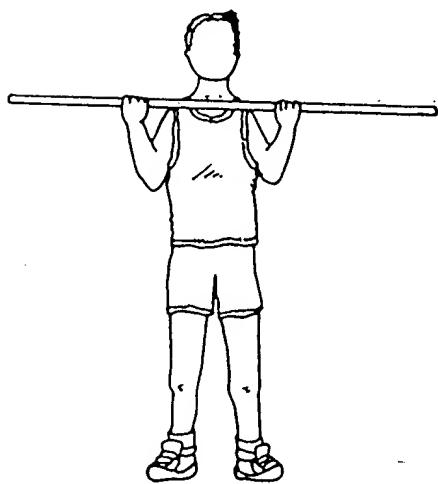
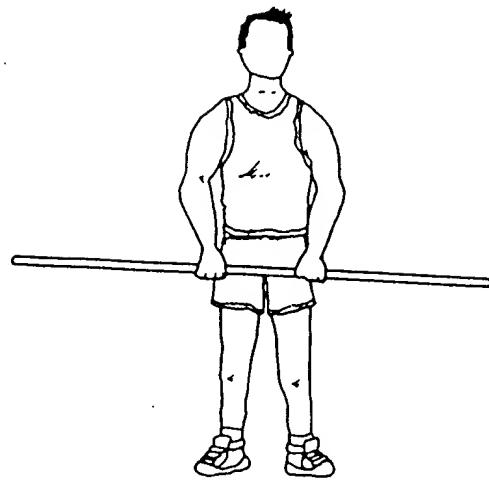


Fig. 19 b

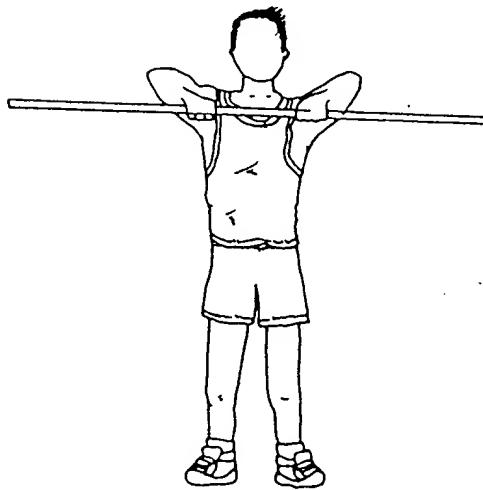


Fig. 18. b

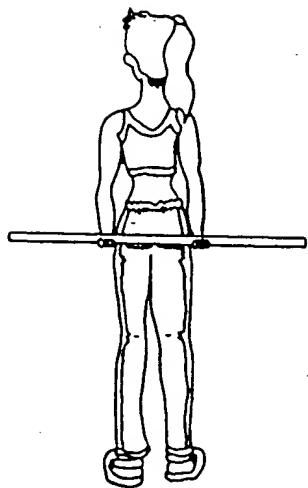


Fig. 20a

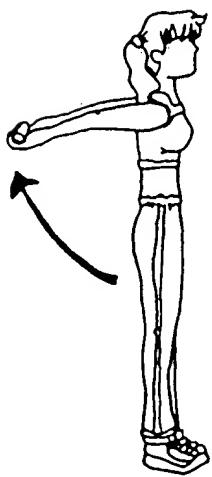


Fig. 20b

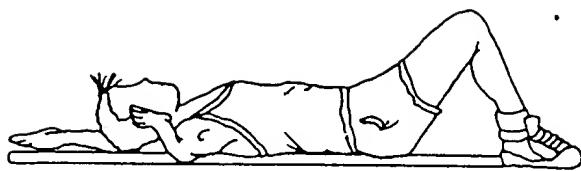


Fig. 21a

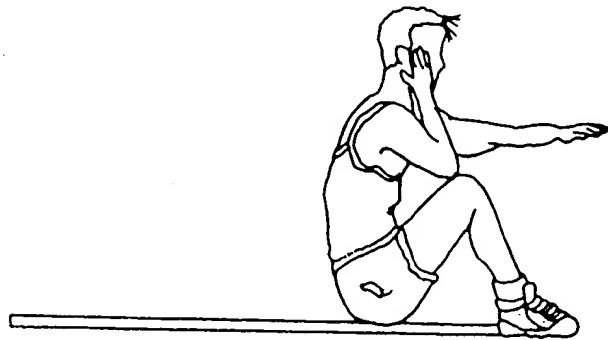


Fig. 21b



Fig. 22a

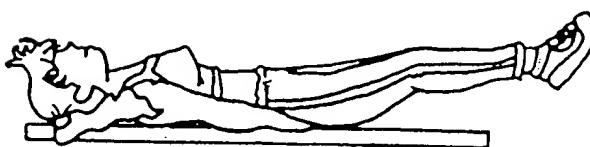


Fig. 22b

1000-200-1000000

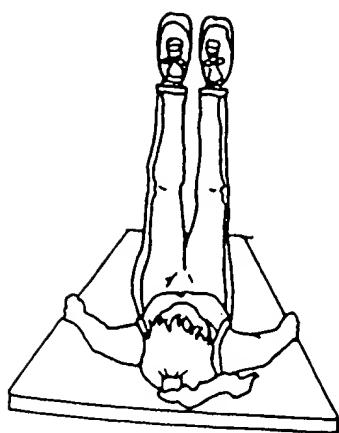


Fig. 23a

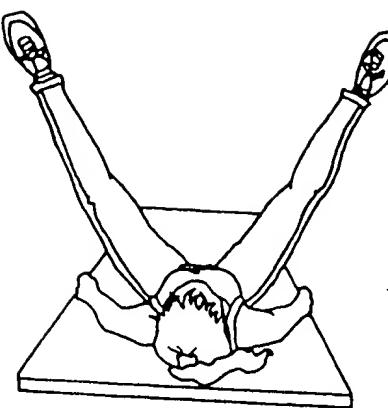


Fig. 23 b

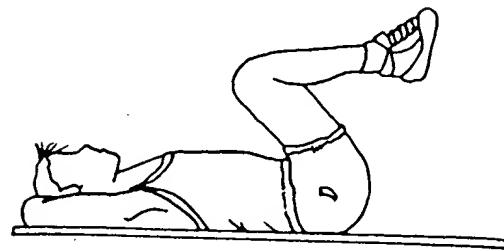


Fig. 25a

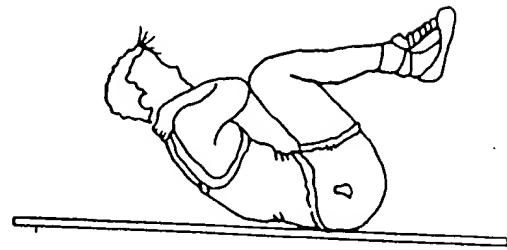


Fig 25 b

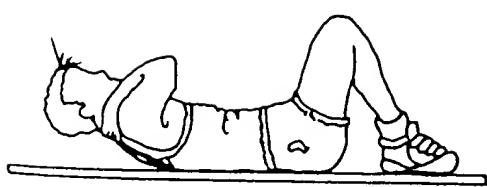


Fig. 26 a

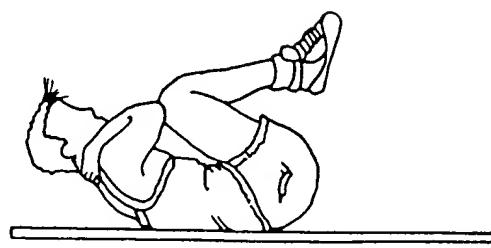


Fig. 26 b



Fig. 24a

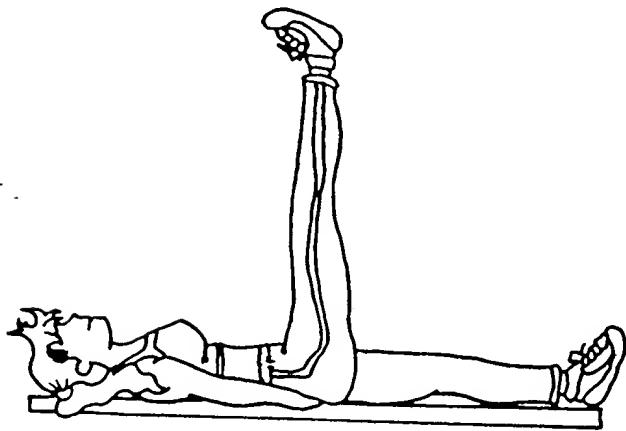


Fig. 24b

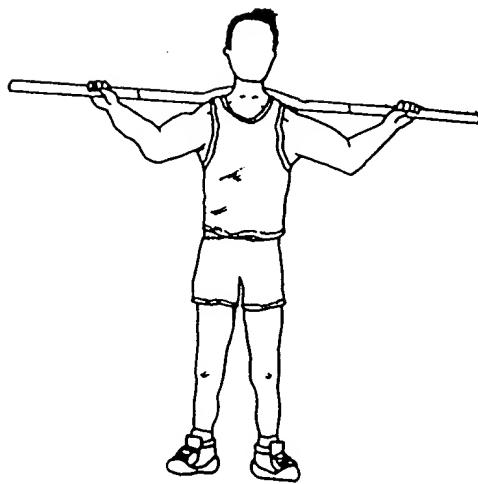


Fig. 27a

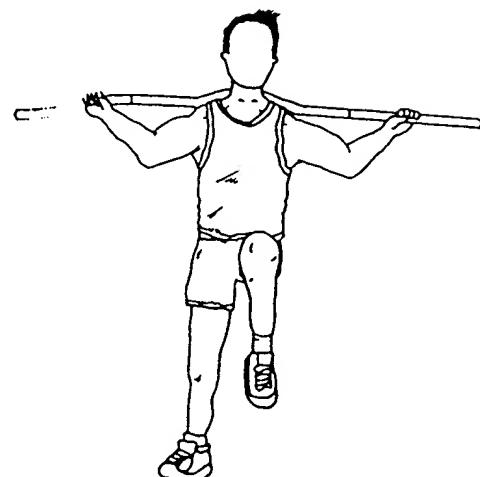


Fig. 27b

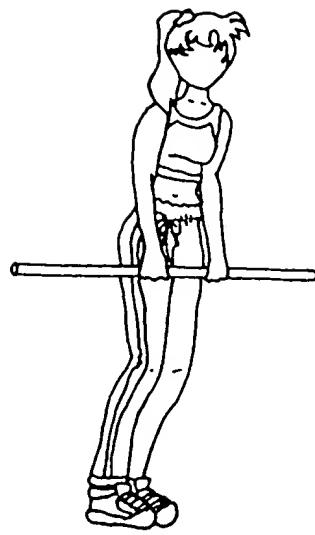


Fig. 29a



Fig. 28a

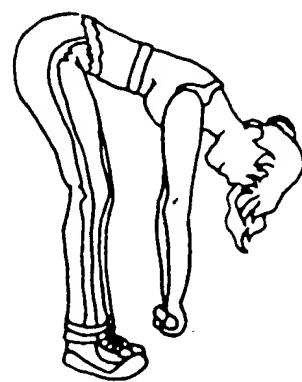


Fig. 29b



Fig. 30a

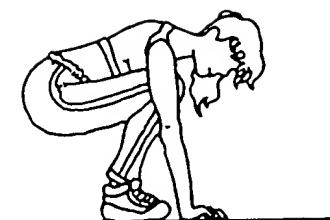


Fig. 30b

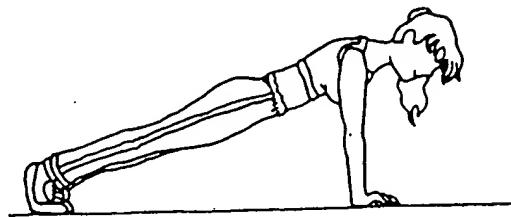


Fig. 30c

1000 1000 1000 1000 1000 1000